

#### ABSTRACT OF THE DISCLOSURE

An optical tube assembly and method of manufacture include at least one optical waveguide, at least one dry insert that generally surrounds the at least one optical waveguide, and a 5 tube. The dry insert includes a tape and at least one filament attached to the tape, thereby forming a plurality of loops. In preferred embodiments, either the tape or the at least one filament of the dry insert has a water-swellable component. Additionally, the optical tube assembly may be a portion of a 10 fiber optic cable.